

Activities of the Andrean Psychology Team 2016-17

Host of activities were conducted by the Andrean Psychology Team (APT) to promote learning and interest in the field of psychology.

Psychology Week:

- This academic year several innovative contests & competitions were held as a part of The Psychology Week – A week long program which was open to students from all fraternities, giving them an opportunity to explore their talents and promote holistic development. The participation of students from all streams made this week long event even more fun and rigorous.

Psychology based games:

- Students were introduced to a new activity “Let’s play a game” during Psychology week where they were engaged in many psychological mind games. Various brain teasers and games like testing short term memory and attention span were presented to students. Stroop’s test to assess executive functions such as attention and self-regulation capability was also to participants.

Debate Competition:

- The topic of this year's psychology debate was 'Should Euthanasia be legalised in India?' The students were prompted to think critically about the sensitive issue. The second- and third-year students competed with each other enthusiastically. Third year students won the competition and it was an insightful experience for the participants.

Student Presentations:

- Power point presentation conducted as a part of psychology week, kept the judges & student audience totally enthralled by the wide variety of topics that were covered by the students. Some of the prize-winning topics were Parapsychology, Criminal psychology, Job satisfaction, Gaming addiction and Psychological impact of bullying. Students employed several innovative presentation skills to make the presentations interesting.

Quiz Competition:

- A Psychology Quiz was organized during Andrean Psychology Week. Quiz consisted of many rounds which were “Check your brain power”, “Spelling bee round”, “True/False round”, “General round” and “Rapid fire round”. Students participated with great enthusiasm and it was a great learning experience for them.

Psychological Testing:

- The wide variety of Psychological tests were administered on students to assess them on; personality, stress, anxiety, fear, depression, vocation and interpersonal

relationships; Test results gave students an insight into their own behaviour on each of the parameters and how they could deal with issues effectively after having a better understanding of self.

Student Research Paper Presentation:

- In 2016-17 students presented several Research papers. Avishkar research competition was held on January 19, 2017, conducted by University of Mumbai at SIES College, students presented on a wide range of Psychology related topics such as sleep paralysis, autopilot theory, representation of Psychological practices in Bollywood, self-awareness & self-consciousness, impact of Instagram on youth, eating disorder and misrepresentation of mental disorders in cinema.
- **Misrepresentation of Mental Disorders in Cinema:** In Intercollegiate Avishkar Research Competition, Fatima Patel won the first prize for her presentation on “Misrepresentation of Mental Disorders in Cinema”.
- **Prostitution: Violence with No Name:** Two students participated in Intercollegiate Trishool Competition: A Psychology Research Convention where the theme was ‘Shades of Violence... & Beyond’. It was held at S. P. N. Doshi Women’s College, Ghatkopar on January 25, 2017. The topic of student’s presentation was “Prostitution: Violence with No Name”.

Film Screening:

- The association screened some educational films like ‘Shutter Island’, ‘Beautiful Mind’ and ‘Outsourced’ which helped the students to develop insights into the causes and consequences of psychological disorders like schizophrenia and “Outsourced” enlightened them the impact of cultural diversity.

Field Visit:

- This year the educational visit was organized for the TYBA students on January 6 2017, to The Regional Mental Hospital in Pune. Students got an opportunity to visit various wards of the hospital. They also got a chance to interact with the patients. Furthermore, students also were exposed to the procedure of Electroconvulsive therapy (ECT) live at work on patients. It was an enriching experience for the students.

Andean Counselling Unit 2016-2017

- Counseling Unit has been reaching out to students in need of any help, be it academics, developmental, emotional, behavioral, social or career related; to help students explore and reach their maximum potential leading to holistic development. This unit has offered its services to several students from the degree and junior college level. This has been in the form of new students walking in for guidance as well as students coming in for follow up sessions based on case requirements.

- The various issues experienced by students and adolescents were – low self-esteem and confidence, academic issues, career related guidance, behavioral issues, body image issues, interpersonal relationship, depression, time management, substance abuse, and so on.
- These issues were dealt using counseling techniques like anger management, reality therapy, cognitive behavior therapy, client-centered therapy, assertiveness training, organizational skills – Time management, positive thinking and relaxation techniques. In some cases, standardized psychological test and questionnaires were to be used to gain a greater insight & establish a scientific validation before providing the necessary guidance.
- The counseling unit has gone beyond regular counseling services and carried out several activities for overall development of the students. A workshop on “Developing Interview Skills.’ was conducted for the BBI students. This helped students to learn how to thrive in the job market and to be productive members of society. Teaching interviewing skills helped students’ communication (to express themselves verbally) and critical thinking abilities, setting them up for future success
- A guest lecture by Dr. Rashna Sadri was organized on “Exploring careers in Special Education”, a cross-disciplinary field; is an integral part of our educational system. This talk gave students greater clarity of the field and exposed them to alternate career prospects.
- Various Psychological tests were administered on students, the interpretation of these tests helped students become aware of themselves, their strengths and weakness, their patterns of response, etc. Some of the Standardized Psychological tests and scales administered to students were-
 - Emotional quotient
 - Levels of Hostility
 - Depression
 - Self Esteem
 - Type A Personality
- A workshop was conducted by Ms. Sneha Pereira on “Test Anxiety, Time Management & Procrastination” for the students. It was an interactive session using a power point presentation, drawing analogies to the difficulties faced by students and applying techniques discussed to life situations. The students of FYBA & SYBA attended the same.

- Eminent psychiatrist of Mumbai Dr. Harish Shetty writes a blog <http://mindmoodsandmagic.blogspot.in>, which deals with issues concerning students, and reading these articles provides a psychological support to the students. Students are given regular updates and accessibility to the articles written.



Psychology Quiz Competition



Winners of Students Presentation competition



Student Presentations on Psychological Impact on Bullying, Job Satisfaction, Gaming Addiction, Para psychology



First Prize winners with Judges



Administration of Psychological tests -EQ scale, worry scale, hostility scale, depression Inventory, Self-consciousness and self-awareness scale



Winner of Intra-collegiate Avishkar research competition

Topic: Misrepresentation of Mental Illness in Cinema



Educational visit to Mental Hospital, Yervada, Pune



Best Speaker – Ms. Abhishree in
debate competition